

SCHEDULE

6am _____

7am _____

8am _____

9am _____

10am _____

11am _____

Noon _____

1pm _____

2pm _____

3pm _____

4pm _____

5pm _____

6pm _____

7pm _____

8pm _____



To-Do List

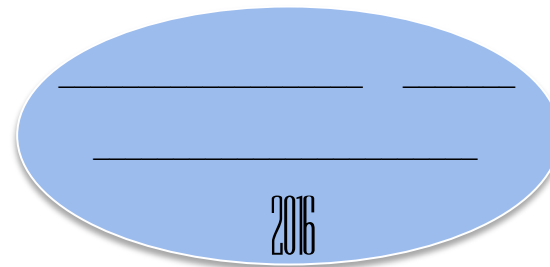
Health/Fitness

Water (box = 16oz)

- Aerobic _____
- Strength _____
- Flexibility _____
- Mindfulness _____

NOTES: _____

Expenses: _____ Simple Luxuries: _____



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